

HEALTH PROMOTIONS SEWELLS POINT CLASS SCHEDULES JAN – JUN 2011

UPDATED 12-23-10

CLASSES ARE HELD AT THE MCCORMICK GYM, CEP-58, LOCATED INSIDE GATE 5
OFF OF HAMPTON BLVD, 2ND DECK CLASSROOM

POC: Peg Smith 953-8813

TOBACCO CESSATION WORKSHOP *(pre-registration required)*

*****Thursday 0800-1200*****

4 – HOUR CLASS. Class provides all the tools necessary to successfully become tobacco free. This is a one class program. Medications are provided after the workshop is completed. Additional refills are provided through the Tobacco Cessation Medication Clinic which is held on Friday mornings at the Branch Health Clinic Sewells Point, Bldg CD-2, 0700-0900*. Class contents: How to quit, avoiding relapse, stress management, nutrition and oral hygiene.

Jan 20	Feb 3, 17	Mar 2, 16 **
Apr 7, 21	May 5, 19	Jun 2, 16

* Tobacco Cessation Medication Clinic is held at the Branch Health Clinic Sewells Point, Bldg CD-2, on Friday mornings from 0700-0900.

** Wednesday Class due to advancement exams

*** 1:1 counseling is also available

HEALTHY HEART ***** Monday 0900 *****

An interactive class is designed to present a clear understanding of cholesterol and hypertension; and how these chronic diseases affect the heart and blood vessels.

Jan 24	Feb 21	Mar 14
Apr 18	May 23	Jun 20

BASIC NUTRITION *****Monday 0900 *****

This basic nutrition class emphasizes the importance of healthy food choices, reading food labels, better fast food choices and lifestyle changes in relation to good health.

Jan 24	Feb 21	Mar 14
Apr 18	May 23	Jun 20

SHIP SHAPE *(pre-registration required, classes forming now!)*

*****Tuesday 1100-1330*****

8 – WEEK CLASS PROGRAM. This eight week weight management class teaches fitness, fun and lifestyle changes. Topics include: Nutrition, Fitness, Stress Management, and Long Term Success!

Class Dates: 2-1 / 3-22 4-5 / 5-24 6-7 / 7-26